

Community And Enrichment Center

WEEKLY NEWSLETTER
MAY 14, 2021



BIRD SEED IS FOR THE BIRDS...NOT DOGS

It's not unusual for dogs to graze for birdseed under a feeder, but seeds that are old or become damp may breed mold and aflatoxin.

ENTERTAIN WITH A CHEESE BOARD

Celebrating an engagement, graduation or just an excuse to finally get a bunch of friends together? Who doesn't love a cheese board?

STRESS RELIEVING FOODS

These foods and drinks can help calm your anxiety and stress.

WHAT'S HAPPENING AROUND THE CITY

Find out what's happening at The Community and Enrichment Center.

BIRDSEED IS FOR THE BIRDS, CONTRARY TO WHAT YOUR DOG MAY THINK

BY [HARRIET MEYERS](#)
MAR 17, 2021

Aflatoxin Poisoning

It's not unusual for dogs to graze for birdseed under a feeder. Birds are messy eaters, and many seeds drop to the ground. A few choice tastes of birdseed that is fresh are not usually harmful to a dog. However, seeds that are old or become damp may breed mold and aflatoxin. And suddenly, they can be very harmful for a dog to consume. The U.S. Food and Drug Administration (FDA) reports that, at high levels, aflatoxins can cause illness and even death in dogs.

Symptoms of aflatoxin poisoning in dogs include sluggishness, loss of appetite, vomiting, jaundice (yellowish tint to the eyes or gums due to liver damage), and diarrhea, according to the FDA. The liver is the principal organ affected, and some pets suffer liver damage without showing any symptoms. The Cornell University College of Veterinary Medicine reports, "Aflatoxin curtails the production of cholesterol and many proteins that profoundly affect blood clotting. Physical exams and blood tests are necessary to differentiate dogs that have been poisoned from those that have not. Unfortunately, the latent onset of signs may require that an individual dog be evaluated several times."

Birdseed Can Cause Other Problems

Dogs who gobble up a lot of seeds at one time may give themselves an upset stomach. They can even cause a blockage in the intestinal tract that can lead to bloat - a very serious condition requiring immediate attention from a veterinarian.

Some mixes of birdseed contain raisins or sultanas (a type of grape). Grapes and raisins are known to be highly toxic to dogs.

The birdseed your dog is eating is most likely to be found underneath the feeder, which means the dog is also likely to be eating bird feces. Bird feces contain a variety of bacteria and parasites that can be passed on to your dog - most often salmonella. The resulting infections can cause minor or very serious attacks of diarrhea and vomiting.



Feeding Birds, Not Dogs

It turns out that bird feeders require a lot of regular maintenance - filling them with fresh, new seed and cleaning and sanitizing them often. If you're trying to feed the birds, but not your bird dog, take these precautions:

- Only use fresh seed, and always read the ingredients to be sure there's nothing harmful in the mix.
- Wash and sanitize your bird feeders often - ornithologists recommend at least every two weeks, more often during heavy use or wet weather.
- Clean up any birdseed that lands on the ground.
- Use screw-on trays under the feeders to keep seeds from hitting the ground in the first place.
- Create a barrier under the feeders or plant a dog-friendly bed of groundcover that makes the seeds harder to find.
- Teach your dog to "leave it."
- Enjoy the beauty of birds without feeding them. Ornithologists tell us we often feed birds during seasons when it is unnecessary or even detrimental, for example in the spring and summer.

Source: <https://www.akc.org/expert-advice/health/dog-ate-birdseed-poisonous/>



CELEBRATE WITH A CHEESE BOARD

Whether it's celebrating an engagement, graduation or just an excuse to finally get a bunch of friends together, entertaining is downright fun! If you want to wow your guests, don't just plop a bunch of cheese on a plate and call it good. Creating a beautiful cheese board can be something of an art. A cheese board offers a great way to feed your guests either before dinner, after dinner or as dinner itself. If you want to wow your guests, follow these tips to prepare the stunningly perfect cheese board. And don't forget the wine!

Choose a variety of cheeses with varying textures and flavors: soft, firm and bleu. Look for a cheese that is soft, like chèvre logs or brie. A firm cheese like an aged gouda or asiago is a safe bet. Finally, choose a blue cheese like stilton or Roquefort.

Plate your cheeses on a large plate, cutting board or marble slab. Choosing a complementary color of your platter with your cheese will provide a pleasing presentation. Choose dark colors or wood create a nice visual appeal. To create an array of textures that will complement your cheese, pick accompaniments like dried and fresh fruit, toasted nuts, jams, compotes or jellies. To cleanse the palates between bites, offer pre-cut bread and crackers between bites. Assemble your cheeses either parallel or 90 degrees from each other and group accoutrements between them. This creates a nice contrast and allows people to navigate around the plate and see everything there is to offer. Carefully place your cheese with the rinds facing inward and accompaniments in the between. This will encourage your guests to mix and match flavors. Don't overwhelm the plate. While an abundant array of options makes for a great eye-catching appeal, keep in mind how your guest can pick out their favorite bites. Remember to remove all inedible items like twine, cloth and wax rinds. Construct your cheese tray about an hour before your guests arrive. Room temperature cheeses are easier to cut and offer their full flavor profile.

FOODS THAT CALM YOUR ANXIETY & STRESS



BLUEBERRIES
KIWI
ORANGES
BANANAS

Full of Vitamin C. This vitamin reduces the effects stress has on our bodies and minds.

Bananas have natural beta blockers that help prevent anxiety or stress.

ASPARAGUS
AVOCADO

Include B vitamins - which are considered the anti-stress vitamins. Asparagus is especially full of folate (B9).

SPINACH

(+ all leafy greens)

OATS
ALMONDS

Full of magnesium. If you have magnesium deficiency you are more likely to suffer from anxiety. Oats also contain B vitamins, melatonin and tryptophan - all of which help relax the mind.

BRAZIL NUTS

These nuts contain a nutrient called selenium + Vitamin E which helps with anxiety symptoms.

TURKEY

Turkey contains tryptophan which induces relaxation in the body.

SALMON

Salmon contains Omega 3's which are beneficial to brain health & calming anxiety.

**FERMENTED
FOODS**

They help the body have a healthy balance of good & bad bacteria. Ex: yogurt, kefir, kimchi, natto, tempeh, miso, sauerkraut, kombucha.

**DARK
CHOCOLATE**

Increases serotonin in the brain which calms the nerves + contains flavanols (antioxidants) that help boost brain function.

TURMERIC

Contains curcumin which reduces the effects that stress and anxiety have on the body.

**REISHI
MUSHROOM**

Contain a mood-enhancing compound triterpene which helps you sleep better along with reducing anxiety and depression.

CHAMOMILE

A flower you can make into tea or tinctures to calm the mind. Also available in capsules.

What's Happening?



GROUP FITNESS

Group Fitness classes are available Tuesdays and Thursdays at 5:15pm and Wednesdays at 12pm.

For reservations, call 970-848-0407

TAEKWONDO

Classes occur on Monday, Wednesday and Thursday evenings at 5:30pm.

Call 970-848-0407 to find out more!



YUMA PUBLIC LIBRARY PROGRAMS

Did you know the Yuma Public Library offers a variety of programs for all ages? Find out more by visiting their website:

yuma.colibraries.org



HAVE IDEAS?

Are you interested in learning a new skill? Want to see specific programming offered by the CEC?

Call 970-848-0407 to share your ideas.

MEET AND EAT MAY 2021

Throughout the COVID-19 quarantine, Meet and Eat is still available via home deliveries. Below is the Yuma meal calendar for May 2021. Please contact us if you or someone you know is 60 years old or older and are in need of meal delivery.

Contact Information:



Marlene Miller
Lead Ombudsman/Senior Service, SHIP
N.E CO. Area Agency on Aging, Yuma County
mmiller@necalg.com
Office 970-848-2277



MAY 2021 YUMA MEAL SITE

FOR RESERVATIONS OR CANCELATIONS CALL 848-2038 BY 8:00 A.M.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
For Reservations Call 848-2038 by 8:00 a.m. the day you want the meal. If you must cancel your meal, please do so by 8:00 a.m. the day of the meal.	SHEPHERD'S PIE CONFETTI COLESLAW HARVARD BEETS ROLL STRAWBERRY APPLESAUCE BIRTHDAY RECOGNITION Calories: 656 Carb: 108.5g Fiber: 10.3g Protein: 30.8g Fat: 14.8g Sod: 1005mg	CHICKEN POT PIE SPINACH CAULIFLOWER SALAD FRUIT CUP NATURE COOKIE SENIOR MEETING Calories: 720 Carb: 97.2g Fiber: 9.1g Protein: 36.2g Fat: 23.8g Sod: 656mg		CHOICE: HAMBURGER STEAK CITRUS PEPPER SALMON FILET BAKED POTATO MIXED VEGETABLES BRAN MUFFIN APRICOT HALVES Calories: 611 Carb: 95.0g Fiber: 10.8g Protein: 30.6g Fat: 15.7g Sod: 1027mg
10	11	12	13	14
Menu may change due to availability of food items or conditions that cause the kitchen to close.	BRAISED BEEF BROWN RICE HARVARD BEETS ROLL TROPICAL FRUIT CUP NATURE COOKIE Calories: 716 Carb: 113.8g Fiber: 9.7g Protein: 30.4g Fat: 17.1g Sod: 537mg	CHICKEN CACCIATORE MASHED POTATOES COUNTRY MIX VEGETABLES WW ROLL PEAR ORANGE FRUIT CUP Calories: 698 Carb: 86.0g Fiber: 10.7g Protein: 41.5g Fat: 22.5g Sod: 1080mg		SPAGHETTI w/ MEAT SAUCE TOSSED SALAD w/ DRESSING GREEN BEANS GARLIC BREAD FRUIT CUP Calories: 607 Carb: 86.8g Fiber: 10.9g Protein: 31.5g Fat: 18.2g Sod: 576mg
17	18	19	20	21
OTIS POTLUCK	CHICKEN SALAD w/ GREEN GRAP BEAN MEDLEY SALAD ROLL MANDARIN ORANGES w/ BANANA CARROT CAKE Calories: 685 Carb: 99.6g Fiber: 9.6g Protein: 34.8g Fat: 19.0g Sod: 680mg	CHOICE: HAMBURGER STEAK BAKED FISH BAKED POTATO CALIFORNIA VEGETABLES ANNA'S DILLY BREAD CINNAMON APPLE SLICES BLOOD PRESSURE Calories: 601 Carb: 98.1g Fiber: 10.8g Protein: 30.0g Fat: 12.4g Sod: 820mg		CHEESE POTATO OMELET BROCCOLI BRAN MUFFIN OREGON BERRY COMPOTE Calories: 637 Carb: 83.6g Fiber: 13.0g Protein: 31.5g Fat: 18.2g Sod: 576mg
24	25	26	27	28
Suggested Donation - \$4.00 Under Age 60 Mandatory Charge - \$12.50	LASAGNA TOSSED SALAD w/ DRESSING PEAS AND CARROTS GARLIC BREAD FRUIT CUP Calories: 605 Carb: 85.5g Fiber: 11.1g Protein: 34.2g Fat: 17.6g Sod: 593mg	SCALLOPED POTATOES w/ HAM LAYERED SALAD ROLL BANANA SPLIT FRUIT CUP CINNAMON CRISPIES Calories: 71 Carb: 103.8g Fiber: 9.6g Protein: 34.2g Fat: 27.2g Sod: 1148mg		BEEF O'LE REFRIED BEANS MEXICALI CORN FRUIT CUP Calories: 618 Carb: 88.8g Fiber: 12.1g Protein: 36.3g Fat: 16.1g Sod: 551mg
31				
		For Reservations Call 848-2038 by 8:00 a.m. the day you want the meal. If you must cancel your meal, please do so by 8:00 a.m. the day of the meal.	IF YOU CHOOSE THE CHOICE ENTRÉE, PLEASE MAKE THE RESERVATION FOR IT AT LEAST 1 (one) DAY BEFORE.	